

# EDINBURGH DIVING NEWSLETTER



April 2004

Welcome back. We hope you all had a good Easter. The diving programme is now almost full and we apologise if anyone has not managed to get a place in their first choice of class – it is becoming important to re-book early to avoid disappointment. The Easter camps once again proved a great success and we are delighted to welcome quite a few of the children from the camps into the diving programme. We hope you all enjoy the lessons and learn new skills in the coming term. Carol has now left and we are all missing her but she will be popping into the pool in her role as a “mum” so you will still be able to see her and let her know how you are getting on.

Thank you to all the supporters at the Novice League last weekend. Once again we must apologise for the lack of sound, which will hopefully be rectified by the next home event. The next League will be held in Aberdeen on the 29 May and we will be travelling to the event by train. Any parents wishing to travel are most welcome to do so. Unfortunately we cannot book your tickets as we have our own group booking system but please ask your child's coach for details. Finally, if anyone wishes to buy Edinburgh Diving tee-shirts, pens, stickers etc. please ask their teacher for an order form. Also, tracksuits, costumes and tee-shirts are available to new club members.

## Summer Camps

We will be running 6 camps for beg / diver 1 level throughout the summer holidays. Provisional dates:

**5 - 8 July,**  
**12 - 15 July**  
**19 - 22 July**  
**26 - 29 July**  
**2 - 5 August,**  
**9 - 12 August**

We are also hoping to run squad camps in the afternoons booked on a weekly basis. Full details to follow



## Scottish National Diving Championships

**RCP 7/8 August**

This year Edinburgh Diving Club hopes to organise the event and are looking for volunteers to help in any capacity. There will be a meeting on **Friday 22 May, 7pm**

to start planning the event. We would love to see as many of you as possible. Nibbles & refreshments will be provided after which we will no doubt continue over in the Craggs. Further details to follow in a letter

## Edinburgh Diving Club News

Well done to the team at Sheffield. What a great performance! We hope you all enjoyed the trip and have come back inspired. Congratulations to John for being “Star of the Trip”.

**Harrogate** is finally happening. We may have to ask some of you to bring sleeping bags so please can you make sure you don't bring too much luggage.....Stacey! Please ensure that your forms and payment are returned as soon as possible. Dive sheets will have to be completed before you go, so make sure you know your dives.

We are going to **Aberdeen** for the next Novice League on Saturday 29 May. Please can you all tick your name on the sheet in dry land (next to the crash mats). We have to book the train tickets well in advance so don't miss out. We would like as many of you as possible to dive – remember that scores for the league count towards Diver of the Term and also promotion to the next squad. There are two divers poised to move up soon so keep trying hard.

Well done to those of you who achieved a personal best (PB) at the Novice League in April. The standard is definitely improving, with some divers breaking the 120 point mark. Well done. Congratulations to Neil Wilkinson, who competed in the 14-16 age group for the first time and winning a gold medal.

We would like to thank all the divers who took part in the diving display for the Edinburgh Primary School's Gala on 31 March. Yet again it was a great success and we have had lots of very positive feedback.



## Forthcoming Events

### Scottish Novice League

The next competition will be held on Saturday 29 May in Aberdeen. Details to follow. Remember to tick your name off on the list in dry land.

### Hydro Novices

8 / 9 May, Harrogate. A team of 18 divers will be competing in this Novice event. We wish them all good luck. The team is as follows:

Gillian Fleming	14/16	Ellen Hood	10/11
Louise Fleming	14/16	Laura Smith	10/11
Stacey Henderson	14/16	Beth Dodds	10/11
Sarah Kelly	14/16	Fionnuala Kerr	10/11
Megan Hughes	12/13	Hannah Burns	10/11
Catherine Webber	12/13	Liam Greig	10/11
Tommy Farrell	12/13	Anna Sless	8/9
Michael Weir	12/13	Hannah Dodds	8/9
Glenn Robison	12/13	Alana Greig	8/9

Team Manager	Davy Bennet
Coaches	Mary Sless Jenny Leeming
Chaperones	Susan Greig Marjorie Dodds

### East District Championships

The dates have been altered to coincide with the Novice Leagues. We hope to run the 1 metre event after the Novice League in Edinburgh on Saturday 26 June. However, this has still to be confirmed with the East District Convenor. The 3 metre and platform events will be held later in the year.

### ASA National Age Group Championships

3-5 June, Southampton. Closing date for entries **Monday 17 May**

### ASA Senior National Championships

18-20 June, Southampton. Closing date for entries **Friday 4 June**

## Reports and Results



### Scottish Novice League 24 April, RCP

Results at back of newsletter



### Edinburgh Primary Schools Gala 31 March, RCP



This competition was open to children in Local Authority Schools from Primary 4 – 7. This year the competition was the best yet with the biggest entry to date. The standard was also the highest we have seen. Congratulations to Marcus Shaw who came third in the boys event in his first competition. Also congratulations to the top three divers in the Boys and Girls events. Full results at back of newsletter.

### BOYS

Michael Weir	P7	Sciennes	121.50
Tommy Farrell	P7	S. Morningside	113.20
Marcus Shaw	P7	Sciennes	101.10

### GIRLS

Anna Sless	P4	Davidson's Mains	126.80
Ellen Hood	P7	S. Morningside	121.70
Fionnuala Kerr	P7	S. Morningside	110.70



## British Novice Championships 2/4 April Sheffield

A team of 21 Edinburgh divers competed in this event. (The team is named in March newsletter.) The results were the best we have ever achieved, with 5 medals and no less than 15 top ten finishes. All the divers performed very well. John Arthur was awarded "Star of the Trip" for his performance, attitude and helpfulness over the weekend.



### NOVICE

GIRLS 8/9	<b>Grace Reid</b>	127.90	<b>GOLD</b>
	<b>Anna Sless</b>	122.60	<b>SILVER</b>
BOYS 10/11	Liam Greig	77.30	18th
GIRLS 10/11	Ellen Hood	109.80	5th
	Laura Smith	109.35	7th
	Beth Dodds	105.30	9th
	Hannah Burns	88.00	17th
BOYS 12/13	Glenn Robison	106.10	9th
	Michael Weir	103.50	11th
	Tommy Farrell	100.10	13th
	Andrew Marko	67.90	26th
GIRLS 12/13	Megan Hughes	107.30	9th
	Catherine Webber	92.50	20th
	Ellen Crofts	79.40	24th
BOYS 14/16	<b>Stuart Robison</b>	131.65	<b>BRONZE</b>
	John Arthur	125.35	4th
GIRLS 14/16	<b>Gillian Fleming</b>	148.65	<b>GOLD</b>
	Louise Fleming	115.85	4th
	Stacey Henderson	113.70	10th
	Ashleigh Laidlaw	100.30	18th

### INTERMEDIATE

BOYS 9/11 -	1m	<b>Gregor McMillan</b>	93.85	4th
	3m	"	99.95	9th
	5m	"	103.35	<b>BRONZE</b>



## Northern Cross 16/18 April, Leeds

Four divers, Tom Chambers, Vicki Tomlinson, Grace Reid and Anna Sless all attended this age group competition. All divers performed well and the two younger divers gained valuable experience.

- Tom make the final in the 3 metre event, coming a well deserved 4<sup>th</sup> in the senior event ( 3rd place in Group A )
- Grace dived 1m, 3m and 5m, which is a great achievement for a 7 year old. Both she and Anna did very well in the Group E event coming 1<sup>st</sup> and 2<sup>nd</sup> respectively
- Vicki had stitches removed from her arm the day before her platform competition, but still managed to compete.

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## DIVING IN EDINBURGH - PART XIII

BY BILL LAW

To celebrate the centenary of the Scottish Amateur Swimming Association in 1988, the diving events included for the first time an open category on all boards, senior and junior. The early supporting clubs were Leeds, Oldham Diving Club, and Huddersfield, with such divers as Mark Shipman from Leeds and Naomi Bishop from Oldham competing in Scotland for the first time. Both of these divers represented GB in various Olympic Games.

The home divers in the medals that year were Steve Forrest who completed the double on highboard and the treble in the National events. Fiona Moffat took gold in the National category and silver in the Open category on Platform, despite a strong challenge from three Leeds divers. Our junior divers that year were outclassed by Dundee, East Kilbride and Aberdeen divers, taking only 4th and 8th places in the boys and girls 1 metre events.

Part of the Centenary celebrations included the staging of the European Diving Cup, which had already been held in Edinburgh in 1976. It was a good event, well staged (as always) by the Edinburgh Diving Club volunteers.



**Choosing a new swimming costume or about to sit your SQA exams? The Armchair coach has the answer for you...but be warned. It may be more than you bargained for.**

**Dear Armchair Coach**

We are about to choose a new club swimsuit. Can you give us any advice?

**The Armchair Coach replies**

I would recommend something from the Speedo Endurance range, preferably low or long legged, polo necked and with a padded back.



**Dear Armchair Coach**

I am about to sit my Standard Grades. English is my first. Is there any way diving can help me get a better grade?

**The Armchair Coach replies**

I thought this was such an interesting question I came up with a long answer and a longer answer.

**The Long Answer**

**Diving and Writing**

I loved English at school or at least I did when I was in class and not away at a top junior international diving meet. My English teacher used to moan about my soggy jotters making her knitting smell of chlorine...but she always put comments on my work to help improve my writing just like the 'corrections' your coach gives you to improve your dives. And I just kept experimenting until I found what worked. She used to go on and on about basic accuracy. I didn't see the big deal about the odd missing capital, full stop or apostrophe until I realised punctuation is the 'toe point' of writing. Why score a six for something that is good when you could get a 9 for something that is excellent?



Diving is a great subject for an essay BUT there is little satisfaction in writing the same blow by blow essay from P4 to S5 about the time you won a medal in a diving competition. Try this exercise. Take a moment from your diving world and see if you can capture it in a paragraph using the 5 senses. One sentence for each sense would do but experiment and see what happens. Try doubling your adjectives. Use some single words and non sentences.

**Example:** Going from dry land to pool

**Blow by blow version:** I came through the door from the dry land area and went down the steps down to poolside

**Improved version:** I go through the swing door that leads into the spectating area and a wave of hot, humid air hits me. Orange seats. Pool. Boards. The painted steps are smooth and cool to my bare feet...(continue)

**Other 'moments' could be**

Somersaulting onto a crash mat; Standing on the end of 10m; Falling through the air in a line up from 3/5m; The parade before a novice comp; Underwater; Under a powerful hot shower etc etc etc

You should end up with a range of effective paragraphs that can form part of a variety of essays each of which takes a different slant on diving: being part of a team, a journey, an achievement, a time you felt alone, an ambition...

And of course, don't forget, you can do this 5 senses exercise for *anything* you've been asked to write about.

I also used to answer as much as possible in class which made everyone think I was good at English...and eventually I convinced myself I *was* good at English and then my marks proved it. I got a long way with simile, metaphor, alliteration, onomatopoeia. Just think of them as the forward, inward, back and reverse

of English. It's hard work to get the hang of them in the first place but once you've got them they are both impressive and the basis for all the more exciting things!

## The Longer Answer

### Diving and Close Reading

(Your parents will probably insist on calling Close Reading, Interpretation or Reading Comprehension)



Well... firstly, diving coaching is similar to English in the sense that they both involve expressing things clearly and confidently even if you're not entirely convinced by what you're saying! (Note the **informal tone** full of **conversational/colloquial** features such as 'Well', the three dots called **ellipsis** to show a pause, the use of **contractions** and the **exclamation mark** to indicate humour.) Secondly, a diving coach must be able to analyse a good dive and you must be able to analyse a good piece of writing. To analyse a dive needs to use diving terminology: stance, take off, rotation. To analyse writing you need critical/literary terminology: simile, metaphor, tone, sentence construction. (Notice the parallel sentence construction to reinforce the similarity in the nature of the tasks, notice the diving/language **analogy** that forms the basis of the whole article and notice my skilled use of the colon to introduce a list.) (Notice also my smug tone.)

However, beware of the colon. (Ominous tone due to echo of 'beware of the dog'.) **Colons** are like back one and a halves. They require proper training and are quite difficult to get the hang of initially. In other words, they have a quite a high punctuation tariff. (I am switching between diving and language ideas to make my point clearly, humorously and memorably. Look at that pleasing sequence of three adverbs (-ly) that just slipped out. Patterns of three in writing tend to convey a lot of ideas stylishly or can build to climax or anticlimax.) Time for a break. Information overload. New paragraph for clarity. (Notice how the use of non sentences introduces a note of urgency to the **tone**.)

Are you still with me? We've covered a lot but there's more to come! (I do not expect an answer to that question which makes it a **rhetorical question** but I'm trying to adopt a reassuring tone because I know it's tricky. The next sentence is a **link** or **pivot** sentence because it refers to what we have already covered and indicates more is to come.) Let's move on to brackets. Consider the following example. (I use a command or imperative to give myself an authoritative tone)

The Scottish diver (who was easily identifiable by his tartan trunks and swimming cap) was the youngest competitor in the Commonwealth Games that year.

Strictly speaking it is more formal to write,

The Scottish diver, who was easily identifiable by his tartan trunks and swimming cap, was the youngest competitor in the Commonwealth Games that year.

A pair of brackets, a pair of dashes or a pair of commas used in this way to give additional information - which is usually enlightening but not essential - in the middle of a sentence is known as 'parenthesis'.

**Parenthesis** is the back two and a half of language. Examiners love instructing you to 'Comment on the sentence construction of line 8'. To which you can now answer, 'Parenthesis is used to convey the humorous but non essential information about bla bla.' Unless of course it's not **parenthesis** but **inversion**.

**Inversion** is the back three and a half of language.

1. The diver (subject) climbed (verb) reluctantly onto the board.

(Subject followed by verb= normal word order)

2. Reluctantly the diver climbed onto the board.

(A word or phrase before the subject followed by the verb = inversion)

1. The diver (subject) walked (verb) to the end of the board with trembling legs. (Normal word order)

2. With trembling legs the diver walked to the end of the board. (Inversion)



The inversion puts more emphasis on the ideas of reluctance and the ‘trembliness’ (in **inverted commas** to show I know it’s not a real word) of the diver because they are the first ideas the reader gets at the start of the sentence. Now, if you’re thinking, ‘What’s so hard about inversion and parenthesis?’...your dive list is probably too easy!

Finally, I am going to introduce a miscellany of other useful words. (That’s a nice clear **topic sentence** introducing the subject of the paragraph and is just one of many word signposts (Firstly...secondly...however...next) put in to help the **structure** of the article. It indicates I am drawing to a close. It is also the kind of sentence you are asked to put into your ‘own words’. To do this be precise and methodical. ‘It means the writer is about to consider a variety of additional relevant terms’). In English the words that form your platform to success are **simile, metaphor, alliteration** and **onomatopoeia**. Your teacher will have gone over these at least a million times and you’ll have tons of examples in your jotter (exaggeration for effect = hyperbole).



1. **Simile**: *Hitting the water flat from 5m is like landing on concrete.* Examiners love asking you to identify the **figure of speech** (ie simile or metaphor) and comment on whether you find it effective. You are supposed to find it effective but saying because ‘it gives me a better picture’ is not enough. Try and say two clear things that it helps you imagine. It helps me imagine how the water feels solid from that height. It also suggests being bruised and winded.
2. **Metaphor**: *Nice dive. Shame about the boots.* This helps me imagine how the diver’s feet are turned out and clumpy looking rather than being neat and pointed.
3. **Alliteration**: *What a beautiful, bold, back dive!* The repetition of the strong ‘b’ sound contributes to the idea of the strength and confidence of the diver.
4. **Onomatopoeia**: This recreates the sound of your diving world...the ‘splat’ or ‘splash’ of a bad entry, the ‘flick’ of a chamois or the ‘zipping’ up of a tracksuit

So...conscientious student, isn’t language fun? And remember. All these features don’t just exist for exam purposes. They are what make spoken and written communication effective and they are all around you, all the time. An added bonus is as you become more aware of the features that make well a piece well written you’ll find loads of tricks you can use in your own writing...including the beauty of a punchy ending.

And the short answer is ‘Yes’

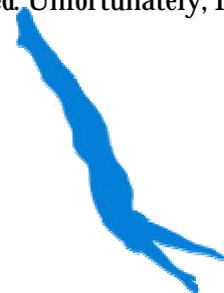
**Disclaimer:** EDC cannot be held responsible for the advice given in this article. Our SASA insurance does not extend to that. However, Masters diver and ‘real’ English teacher Sarah Bainbridge was given this article to read and made the comment...

This is surprisingly informative and well written. It contains loads of really useful information for pupils in S1 and S2 but should be of particular interest to pupils preparing for S Grade and Int 2/ Higher. It even gives parents quite a good insight into what is required in English exams now. However it is a shame it is rather soggy and smells of chlorine. Should the armchair coach have any intention of retraining as an English teacher, see me.



Mary says...

If anybody does feel like submitting a diving 5 senses paragraph perhaps we could publish it in the newsletter. I’m sure we could find a prize for the best one...a vintage pair of Peter’s tartan trunks perhaps?? Also there are 2 typo’s in this month’s Armchair coach, or so I have been reliably informed. Unfortunately, I can’t find them.....can you? More marvellous prizes for the first two correct answers.



## EDC Ceilidh

Date: Saturday 12 June  
Time: 7.30 till 12.30  
Venue: Colinton Parish  
Church hall  
Dreghorn Loan

## ASA ASSISTANT DIVING TEACHER'S COURSE

**11 – 13 June**  
**18 – 20 June**

**If you are interested, please give  
your name to Mary as soon as  
possible**



# THANK YOU



*Your generous gifts, cards and well wishes quite overwhelmed me during my last week at RCP.*

*And at Sheffield, I still can't believe that I thought all you children had gone off to bed at 8.30pm! when in fact you totally got me with a mass presentation of more pressies, cards and a beautiful quach from everyone in Edinburgh. I'm looking forward to filling it with something strong and lovely to be handed round 'afore we go'*

*Thank you again,  
Carol*



## CONGRATULATIONS



- To Grace Reid for winning Gold at ASA Novices
- To Gillian Fleming for winning Gold at ASA Novices
  - To Anna Sless for her Silver at ASA Novices
- To Gregor McMillan for his Bronze Medal at ASA Novices
  - To Stuart Robison for his Bronze at ASA Novices
- To Michael Weir for winning Edinburgh Schools Gala – Boys
- To Anna Sless for winning Edinburgh Schools Gala - Girls